

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

December 2010



Pinto Bean Salsa Dip
Festive Holiday Fruit Salad
Peanut Butter Cereal Cookies
Berry Good French Toast
Double-Chocolate Banana Bread

Festive Holiday Fruit Salad

1 bag (12 ounces) fresh cranberries, finely chopped or ground
1 can (20 ounces) crushed pineapple in juice, not drained
3 apples with peel, chopped (Braeburn apples are good in this recipe.)
2 celery stalks, chopped
½ cup golden raisins
2 small packages (0.3 ounce) dry sugar-free cherry or raspberry flavored gelatin
½ cup walnuts, chopped (optional)

1. Mix all ingredients in a large bowl.
2. Cover and refrigerate several hours or overnight. Keeps well for several days.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 15 servings. Each serving has 70 calories, 0 grams of fat, and 17 grams of carbohydrates.

Pinto Bean Salsa Dip

1 can (15 ounces) pinto beans, drained and rinsed, or 1½ cups cooked dry pinto beans
1 cup shredded reduced fat cheddar cheese
1 cup chunky salsa
1 - 2 tablespoons chopped onion (optional)
¼ - ½ teaspoon chili powder, or to taste (optional)

1. Mash beans with a fork.
2. Mix in cheese and salsa.
3. Add onion and seasoning as desired.
4. Serve cold or cook, stirring, over medium heat until the cheese melts and the mixture is well blended and hot (about 5 minutes).
5. Dip can be served with raw vegetables, whole grain crackers or tortilla chips.

Recipe Source: University of Nebraska Lincoln Extension,
<http://lancaster.unl.edu/food/>

Nutrition Note: This recipe makes 6 servings. Each serving has 100 calories, 2 grams of fat, and 14 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

Buy plain frozen vegetables instead of those with special sauces or seasonings. Sauces or seasonings can add calories, fat, and sodium, as well as cost.

(From ISU Extension Spend Smart Eat Smart website, <http://www.extension.iastate.edu/foodsavings/>)

Breastfeeding:

Why breastfeed? *"The reason I breastfeed is because it helps with my baby's immune system and brain and eye development."*

~ Dawn, WIC Breastfeeding Mom from Turtle Mountain WIC



Peanut Butter Cereal Cookies

4 cups Total® cereal
1 cup sugar
½ cup butter or margarine, softened
½ cup peanut butter
1 egg
¾ cup flour
¾ teaspoon baking soda



1. Preheat oven to 375 degrees.
2. Finely crush cereal and set aside.
3. Stir together sugar, butter, peanut butter and egg in a large bowl.
4. Stir in flour, baking soda and cereal.
5. Drop by rounded teaspoonfuls, about 2 inches apart, onto a greased cookie sheet. Flatten with a fork dipped in sugar or water.
6. Bake 8 to 10 minutes or until edges are light golden brown.
7. Cool 1 minute; remove from cookie sheet.

Recipe Source: Teller Colorado County Public Health WIC Program

Nutrition Note: This recipe makes 36 servings. Each serving has 90 calories, 4.5 grams of fat, and 12 grams of carbohydrates.

Berry Good French Toast

Strawberry Topping

2 cups fresh or frozen strawberries (unsweetened)
½ cup water
2 tablespoons sugar
Pinch of salt



1. Place the strawberries, water, sugar and salt in a small saucepan.
2. Place over high heat and bring to a boil. Reduce the heat and continue to cook at a low boil, stirring every few minutes, until the berries break down and the mixture is nice and syrupy, 15 to 20 minutes. (To speed things up a bit, use the back of a spoon to mash the berries against the side of the saucepan as you stir.)

French Toast

4 eggs
½ cup skim or 1% milk
2 teaspoons canola oil
½ teaspoon cinnamon
8 slices whole wheat bread
Powdered sugar

1. Whisk together the eggs, milk and cinnamon in a large bowl.
2. Heat the oil in a large nonstick skillet over medium-high heat.
3. Dip the bread in the egg mixture, one slice at a time, and coat evenly. Place the bread in a skillet and cook until the bottoms turn golden brown, about 3 minutes per side.
4. Sprinkle the bread with powdered sugar and top with strawberry topping.

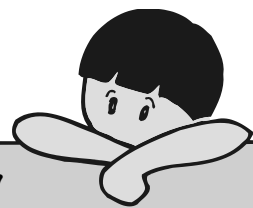
Recipe adapted from www.mealmakeovermoms.com

Nutrition Note: This recipe makes 4 servings. Each serving has 290 calories, 10 grams of fat, and 38 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children North Dakota Department of Health Division of Nutrition and Physical Activity 600 E. Boulevard Ave., Dept. 301 Bismarck, N.D. 58505-0200 800.472.2286, option 1

Turn Off the TV



Create an obstacle course using things to jump over, go around, and even under. Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops. See how fast you can do it.

(From www.headstartbodystart.org)

Double-Chocolate Banana Bread

1 cup sugar
2 eggs
2 tablespoons unsweetened applesauce
3 tablespoons and 1 teaspoon canola oil
1¼ cups mashed ripe bananas (about 3)
1 teaspoon vanilla extract
1½ cups flour
½ cup unsweetened cocoa
1 teaspoon baking soda
1 cup semisweet chocolate chips



1. Preheat oven to 350 degrees. Spray bottom of an 4x8-inch loaf pan with nonstick cooking spray.
2. Beat sugar, eggs, applesauce and oil in a large bowl at medium speed until combined. Beat in banana and vanilla at low speed.
3. Combine flour, cocoa and baking soda in a medium bowl; beat into banana mixture at low speed just until combined. Stir in chocolate chips.
4. Spoon batter into the pan. Bake 60 to 70 minutes or until a toothpick inserted in the center comes out clean.
5. Cool 10 minutes. Remove from pan; cool completely on wire rack.

Nutrition Note: This recipe makes 16 slices. Each slice has 200 calories, 7 grams of fat, and 34 grams of carbohydrates.

GROWING HAPPY FAMILIES

Make meals and memories together. It's a lesson they'll use for life.

Make some meals special.

- Have a color contest and see how many green, red, yellow and orange fruits and vegetables you can include in one meal.
- Name a food your child helps create. Make a big deal of serving "Karla's Salad" or "Corey's Sweet Potatoes" for dinner.
- Try a "Make Your Own" night. Let your family put together its own soft tacos, sandwiches, pizza or salads. Place the ingredients within easy reach and let the fun begin!



Kid's Page – Kid's Page – Kid's Page

Play Dough

- 1 cup cold water
- 1 tablespoon vegetable oil
- 2 packages (makes 2 quarts) unsweetened powdered drink mix
(like Kool-Aid®)
- $\frac{1}{4}$ cup salt
- 1 cup flour
- 5 tablespoons cream of tartar



1. In a saucepan, combine water, oil, drink mix and salt. Heat and stir until salt dissolves.
2. Add flour and cream of tartar. Cook over medium heat, stirring constantly, until well mixed and dough forms a ball (this should only take a couple of minutes).
3. Remove from heat once the dough forms into a ball. Cool on a cookie sheet, kneading the dough as soon as it is cool enough to handle.
4. Cool completely and let your child have fun playing and creating.
5. Store play dough in a resealable plastic bag or plastic container. It should last for a couple of months, depending on how often your child plays with it.

Christmas Pizza



- 1 package (12 ounces) semisweet chocolate chips
- 1 pound white almond bark, divided
- 2 cups miniature marshmallows
- 1 cup crispy rice-type cereal
- 1 cup peanuts
- 1 jar (10 ounces) maraschino cherries, drained and quartered
- $\frac{1}{3}$ cup shredded coconut
- 1 teaspoon oil

1. Melt chocolate chips with 14 ounces of almond bark in a large saucepan over low heat, stirring until smooth.
2. Remove from heat and stir in marshmallows, cereal, and peanuts. Pour into a greased 12" pizza pan and spread on pan.
3. Top with cherries; then sprinkle with coconut.
4. Melt remaining 2 ounces of almond bark with the oil over low heat, stirring until smooth.
5. Drizzle over coconut. Chill until firm. Store at room temperature.